



Mississippi Department of Mental Health

Training Opportunities



Mental Health **FIRST AID**®

from NATIONAL COUNCIL FOR MENTAL WELLBEING®

Mental Health First Aid is an evidence-based, early-intervention course that teaches participants about mental health and substance use challenges. **The Mississippi Department of Mental Health is able to offer this training at no cost.** Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

DMH can also make available specific Mental Health First Aid training for adults who regularly interact with youth or for public safety professionals like law enforcement and first responders. **To find out more about training, contact Mariesha Eason at mariesha.eason@dmh.ms.gov.**

Shatter the Silence is a campaign of the Mississippi Department of Mental Health to encourage young people to talk through their feelings with friends and trusted adults, and to also encourage those friends to show their concern and support. It includes a 45-60 minute presentation that provides training about mental health, resources, warning signs of suicide, and more.



It is offered at no cost to schools, civic groups, and other organizations. The campaign also includes customized presentations for audiences who work with youth, adults, faith-based groups, law enforcement and first responders, correctional officers, military, and older adults. **For more information about Shatter the Silence training or to request Shatter the Silence and suicide prevention educational material, contact Labethani May at labethani.may@dmh.ms.gov.**



LIVINGWORKS ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training (ASIST) is a two-day training that features powerful audiovisuals, discussions, and simulations. ASIST workshops teach participants how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

These trainings are available at a cost of \$50 per participant, which covers the cost of training materials. ASIST is an evidence-based program developed by LivingWorks, a leading suicide prevention and intervention training company. **For more information, contact Tasha Lock at tasha.lock@dmh.ms.gov.**



Mississippi Department of Mental Health

How to Get Help



The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in distress. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, 988 is available in Mississippi and nationwide.

The Lifeline is a national network of local crisis centers. Mississippi has two call centers with trained crisis counselors to answer your calls. **You can also text 988 or chat online at www.988lifeline.org.** Using 988 is free. When you call, text, or chat 988, your conversation is confidential. 988 provides you judgment-free care. Talking with someone can help save your life.

When you call 988, you'll hear hold music while you are connected to a counselor for veterans, Spanish-language, your local 988 Lifeline contact center, or other services. The counselor will say hello and introduce themselves, ask you if you are safe, and will listen to you, understand how your problem is affecting you, provide support, and share any resources that may be helpful.

Call or text 988 now to speak with a trained crisis counselor.

www.mentalhealthms.com

MENTAL HEALTH
Mississippi

Available on the
App Store

GET IT ON
Google Play

Apple App Store

Google Play

Good mental health and good physical health go hand-in-hand. Contacting our primary care physician comes naturally to us when we have a problem with our physical health like a cold, virus, or broken bone. However, reaching out for services to help with mental health problems, like depression or anxiety, may not come as easily.

Mental Health Mississippi was developed to make that process easier and to serve as a hub of information for mental health resources available in our state. **The site is available at www.mentalhealthms.com.** Navigate to the Find Services tab for an easy-to-use way to search for services near you.

Mental Health Mississippi is also available as an app on Apple's App Store and the Google Play store for Android.

For more information about services and supports near you, or for information about alcohol and drug treatment services or intellectual and developmental disability services, **call the DMH Helpline at 1-877-210-8513.** Find more information about the Mississippi Department of Mental Health at **www.dmh.ms.gov**.